

Edition #9 UniMed Brisbane News December 2017

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Welcome

Welcome to our pre-Xmas edition of the UniMed Brisbane Newsletter.

It's the end of another year and the temptation to let it all go, eat whatever we like, drink too much and generally revel in our 'time off' is all too great. It's what we consider to be the reward at the end of a hard year's work yes? The way we measure having had a great break wouldn't you say? It's the way we enjoy ourselves, and who would want to be the party pooper for that?

What we tend to see however in the days and weeks that follow is that this Christmas period is renowned for NOT delivering the outcome we so often seek when we set out to enjoy ourselves in this way.

There are many reasons why and what we've included in this issue are links to a range of articles that might support you in shining light onto what's behind this seeming dichotomy for you.

Is it possible to celebrate, be festive, enjoy ourselves with family and friends and NOT pay a price afterwards?

Could we in fact truly rejuvenate throughout this 'time off' as a result?

Read Susan Scully's insights into Christmas and money, the Christmas Financial Hangover you might call it.

Enjoy reading and the opportunity to approach your festive season armed with greater awareness and hence the capacity to bring more richness and joy to your celebrations with loved ones without the detriment to your own health and well-being.

If you don't have time for reading, then enjoy a [Gentle Breath](#) or two to support yourself through what can be for some a lonely, stressful or angst-filled time.

Don't forget that if you feel the need to re-set, re-balance, de-stress, build a new foundation, check out where your body is at at the end of a busy year, then have a look at what's on offer further down the page with Steffen Messerschmidt and Jenny Ellis.

And see below for a range of Xmas gifts ideas, including some exciting new products to support you in your everyday.

We thank you for your continued support throughout 2017 and are looking forward to joining you again for the New Year.

With love and appreciation,
The UniMed Brisbane Team

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Articles

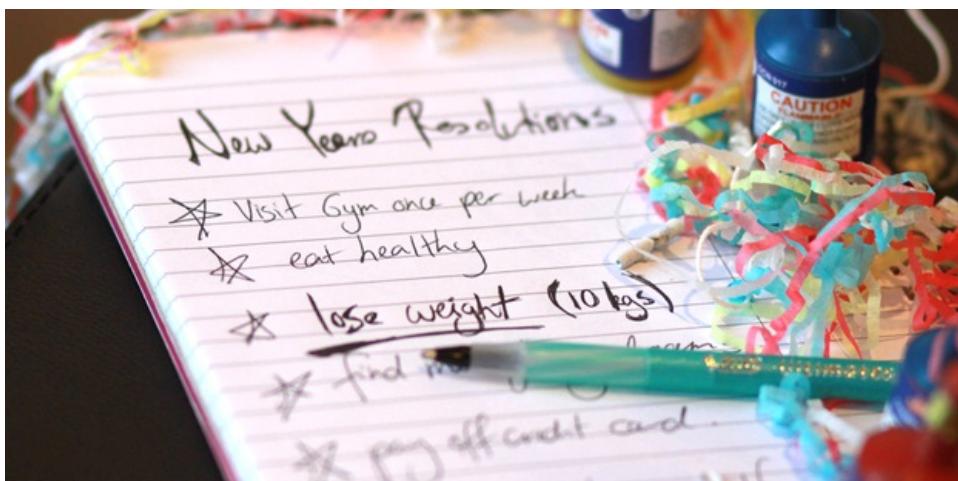


Xmas – give yourself the best present ever: YOU

Does Christmas signal a time for joy, to take stock of the year, to appreciate and celebrate? Or do we use it to give ourselves a licence to abuse ourselves silly, and maybe even others? Or is it a mixture of both? This thought-provoking article by Susan Scully encourages us to examine the way we approach the holiday period, and how we can change it.

"The key lies in starting to take care of ourselves. This means taking care of every aspect of our lives – diet, exercise, work, relationships, finances, etc. – on an everyday, on-going basis rather than saving or quarantining the care of ourselves to a particular time of the year. It's about building an everyday consistency and commitment to yourself and others – not letting go of the very foundations that support you."

[READ MORE](#)



Why it is that our New Year's Resolutions fail us so miserably each year?

New Year's resolutions to lose weight all too often end up on the scrap heap of broken promises.

How many New Year's celebrations have passed when you have made a resolution to lose weight? How far did you get? Did your great resolve seem to diminish over the few weeks that followed, until the resolution drifted into a distant memory? This experience is one many of us are familiar with.

Our experience of New Year's resolutions may be one that can undermine our confidence in our capacity to make changes in our lives. **With each year and each failed resolution we begin to believe we cannot change.**

[READ MORE](#)



Love on the table

On putting love on the table at our Christmas celebrations and not just a sumptuous spread of food....

Many of us would be familiar with the Christmas experience – plates piled high with food and the feeling that we have to offer our friends and families an excess of food to fit with the festive season. Why has this excess become part of our Christmas? What are we celebrating at Christmas?

Christmas in the Christian calendar is about celebrating the birth of Christ and the love of God expressed by delivering to humanity his son to show the way for all. It has become in popular tradition a time for gift giving and sharing meals where we express and share love with family and friends. Reflecting on the excesses of Christmas made me wonder, **have we intertwined food and love so inextricably that our expression of love has become associated with servings of food, so that the offering of more food and the consumption of it have come to mean more love?**

[READ MORE](#)



Women, excessive tiredness and Christmas stress

And one for the ladies... what of the exhaustion so commonly felt by the end of year. Do we listen, take it easy and keep it simple, or do we push through meeting expectations and ideals around what Christmas is meant to be.

What does this do to our bodies and how can we do it differently.

How many women start the New Year feeling totally exhausted – more weary than cheery?

Extreme tiredness and **exhaustion** are becoming the new black. We normalise these feelings.

But in doing so we are hardening our bodies more and more and more to get through. **Tension** becomes a very normal feeling. Going to bed with a racing mind is just how it is. Pushing our bodies beyond what they can really do is just what we do – we have to, to get it all done, don't we?

And then feeling overweight, sick and exhausted – with the New Year the health kick comes. Trainers, boot camp – punishment basically for the month lived in excess – diets, restrictions and low **self-worth**, New Year's resolutions.

Women know that we are not machines and that our bodies are being affected by our every choice, be it in support of us or against.

[READ MORE](#)



Preparing for the Silly Season: don't become a Christmas casualty

Have you noticed what seems to happen when the clock strikes 12.01am on the first day of December, or even earlier? There's an automatic and immediate switch to wind-down, holiday or party mode, where productivity all but grinds to a halt and a cruise mentality sets in.

"My experience – whether with clients or life in general – is the aftermath of the Christmas wind-down mentality and/or the decision to work less (and subsequent drop in productivity, efficiencies and output) has a far reaching ill-effect on people and their businesses. It impacts the health and wellbeing of both, along with our relationships, which then creates a knock-on effect, impacting families, staff, clients and the like."

[READ MORE](#)

Additional services at UniMed Brisbane to support you



Chakra-puncture Rejuvenation and Fresh-Start/New Year Programs

To support you to recuperate, rejuvenate and to set new patterns and habits in place before the 2018 work year kicks off Jenny Ellis will again be offering Chakra-puncture programs at UniMed Brisbane throughout December, January and into early February.

These programs are tailored to your needs and run between 3 and 6 weeks in length.

Programs include:

- Turning around exhaustion
- Immune boosting
- Getting a handle on anxiety
- Setting new sleep rhythms
- Reconnecting and establishing new foundations
- Detoxification

OR... tailor your own theme.

All program sessions are at a rate of \$50/session.

**For enquires or further details please contact Jenny
jenny@jenny-ellis.com
0424 053 305.**

HEALTH TESTS

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With a combination of urine and finger-prick testing, we can help determine your level of health and well-being.

For further information about our health testing and what we can test for, please contact us today.

Phone: 0405 845 753 or 07 3844 3170

Total Health 'From Inside Out' Pty Ltd
UniMed Brisbane - 135 Brougham Street, Fairfield QLD 4103



Health Testing

Steffen Messerschmidt of Total Health has introduced an advanced health test to assess and understand better what the body requires for healing.

The tests look at certain markers in the body that are known to reflect a level of true health, well-being and vitality.

With two simple ways of testing, we can help determine your level of health and well-being and how to best support your body.

Special offer on selected Saturdays in December*

Receive over 50% off

Saturday 9th December

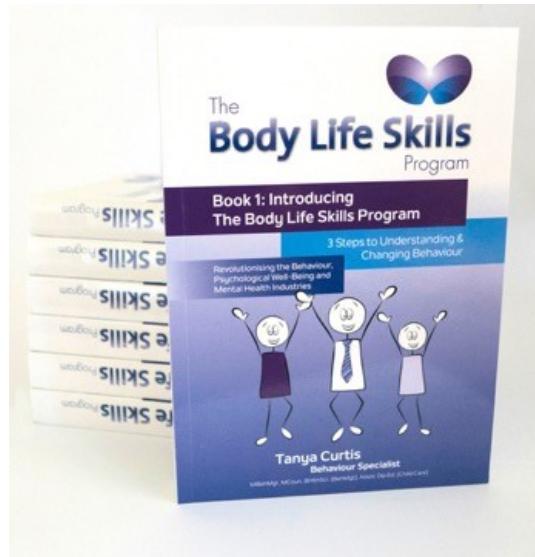
Saturday 23rd December

*by appointment only

Normal Price \$125 – Special offer = \$60

[For further information click here](#) or phone 0405 845 753 or 07 3844 3170

NEW PRODUCTS & GREAT XMAS GIFT IDEAS
Now available at UniMed Brisbane



Body-Life Skills Program book

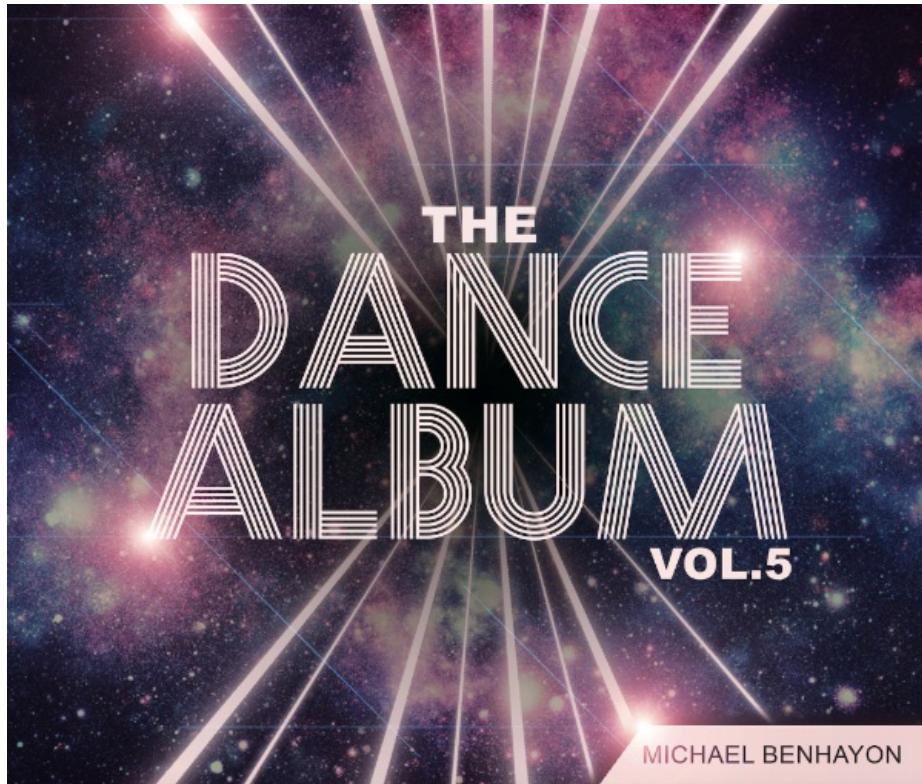
Written by Fabic founder and Director Tanya Curtis, this amazing book offers a simple, practical, user friendly and life changing 3-step process that brings about lasting behaviour change.

This book is for all those ready and willing to take an honest look at the current approach and appreciate we need another way.

(\$40.00)

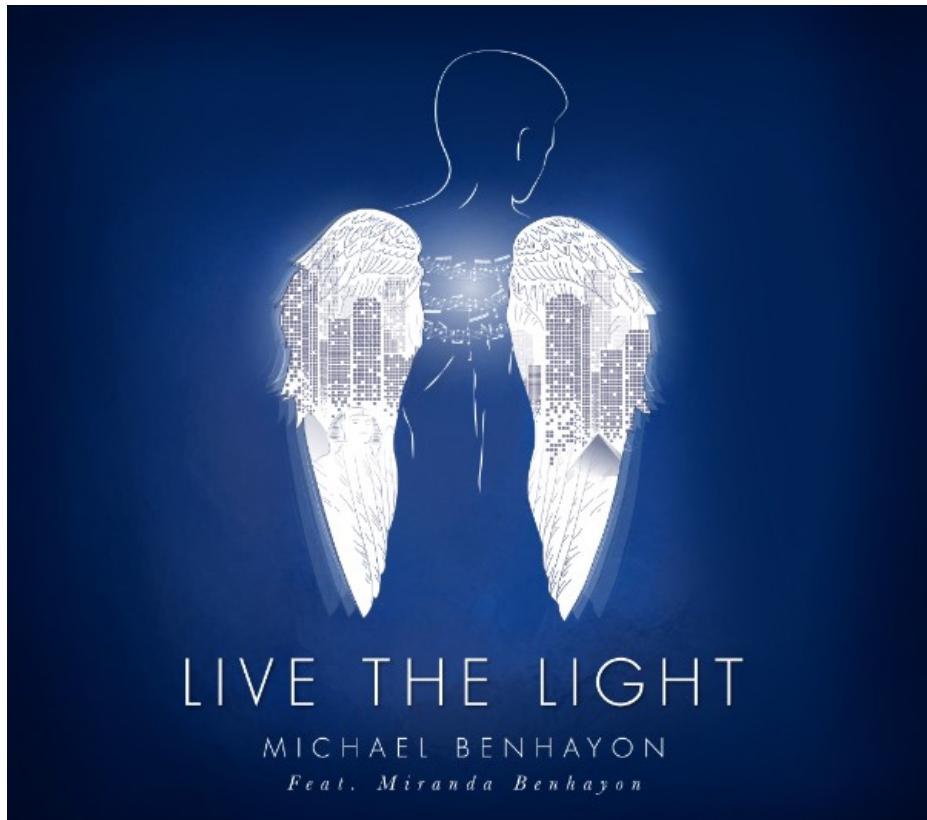
For further information <http://www.bodylifeskills.com/>
Or to watch a short video <https://youtu.be/ttrUhs1n2r4>

Michael Benhayon's latest albums



Dance Album Vol.5

another funky dance compilation that will have your feet jiggling



Live the Light

an album from only the likes of Michael Benhayon. Prepare to be deeply touched, inspired and re-ignited. This album is beauty at its most divine.

\$25 each

Now Available at UniMed Brisbane

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Fressko

Hot or cold drink flasks
Stays hot 2 hours



Beautiful – Stylish – Quality

Hot or cold drink flasks



For your favourite loose tea or just plain water.

Stylish – beautiful – quality

Stays hot or cold 6 hours

@madebyfressko_official

A new range of hot or cold drink flasks to accompany the exquisite loose teas available at UniMed Brisbane have arrived.

Due to the superior quality and style of Fressko flasks for brewing and travelling with our delicious teas, we have decided to stock a range of these products for your convenience.

Beautiful, solid, practical and quality pieces they will keep drinks hot for 2-6 hours (depending on the flask).

A range of colors and styles available

prices from \$39.95 to \$49.95



(\$25.00)

Further Gift Ideas That Support

<p> Jennifer Ellis ND. ADV DIP AC. MEMBER ANTA & EPA HEALTH. WELL-BEING. VITALITY</p> <p>NATUROPATHY Herbal Medicine, Nutrition</p> <p>ESOTERIC THERAPIES Massage, Chakra-puncture Connective Tissue Therapy Sacred Esoteric Healing</p> <p>SPECIALISING IN Women's Health & Wellbeing Self-care, Exhaustion & Anxiety Work/life Balance</p> <p>ADJUNCTIVE SERVICE Support during Chemotherapy</p>	<h1>Gift Voucher</h1> <p>to _____</p> <p>for _____</p> <p>from _____</p> <p>APPOINTMENTS</p> <ul style="list-style-type: none">• 0424 053 305 or 07 3844 3170• jenny@jennifer-ellis.com <p>© 135 Brougham St, Fairfield 4103 QLD</p>
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Gift Voucher

to

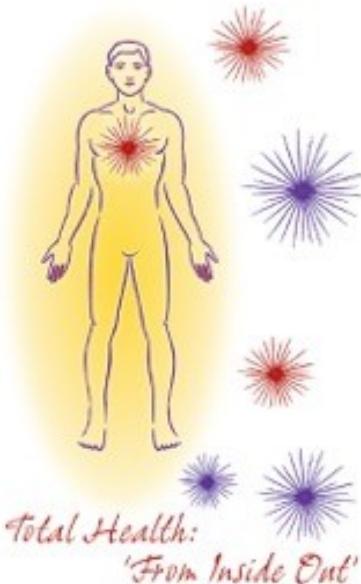
with Love,

for an esoteric session of your choice:

- Naturopathy
- Connective Tissue Therapy*
- Esoteric Chakra-puncture*
- Energetic Facial Release*
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- Spinal, Joint & Back Therapy*
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clinic@total-health.com.au | www.total-health.com.au

*In line with Universal Medicine Therapies as taught by Serge Benhayon, Universal Medicine – www.universalmedicine.net



*Total Health:
'From Inside Out'*



Gift Vouchers for Treatments or Products

Gift vouchers are available for sessions with individual practitioners or for product sales. Please contact your practitioner of choice to arrange.

Healing Eye Pillows



Our deeply restorative Healing Eye Pillows are a beautiful gift with a wide range of colors to choose from. Loved by men, women and children alike and used extensively at UniMed Brisbane to facilitate and support the healing process, they offer the opportunity to truly close our eyes for ourselves and to rejuvenate. The Healing Eye-Pillow can provide or support a stilling affect and as a result our face and body may begin to also slow down thus offering a moment of true rest. Additionally the Healing Eye-Pillow can also be used anywhere on your body where you would like to feel supported (ie. over the heart area, anywhere over the belly, joints, shoulders etc.)

(\$25.00)

Japanese Incense



A range of pure Japanese Incense, free from chemicals and harmful incipients, we stock a variety designed to help cleanse and clear, to calm or to uplift and invigorate. These are burnt regularly throughout the clinic and their scents are unimposing and fresh.

(from \$8.00 - \$35.00)

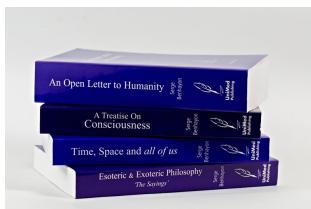
The Joy of Ageing Esoterically Book



A superb compilation of stories from men and women offering a perspective on ageing that is both inspiring and attainable for every person. Can ageing actually be joy-full... the answer is clearly YES.

(\$40.00)

Esoteric Philosophy Books by Serge Benhayon



The complete range of esoteric philosophy books by Serge Benhayon - deeply philosophical and at the same time down-to-earth, practical and applicable to everyday life. These books are for the discerning reader. For more information or for support with a suitable choice contact one of the UniMed Brisbane team.

(\$40.00 - \$50.00)

Children's Books



Tanya Curtis & Desiree Delaloye's delightful range of children's books, each one beautifully & simply illustrated with a message to support our young children in establishing foundational truths about themselves in life. We stock 'Whoops' and 'My No 1 Job' in storybook and 'I am beauty-full just for being me' in both story and colouring book version. (Storybook \$15.00 ea, Colouring book \$10.00 ea, set of 3 storybooks - \$40, Any storybook plus colouring book \$20)

Body Cream



Universal Medicine's gorgeous lightly scented Body Cream with arnica, chamomile and lavender is a beautiful multi-purpose cream used as either face or body moisturizer, for healing bumps and bruises, as a base cream for massage, as hand cream and more.

(\$30.00)

Herbal Tea Blends



For the discerning tea drinker, delicious blends of organic teas to support digestion, sleep and general wellbeing. Popular with most these make a delightfully refreshing drink.

(\$15.00)

Please click here to contact UniMed Brisbane for more information or to order any of our products

Events

Women in Livingness Workshop | Brisbane 18 February 2018



Getting Real in Relationships

BOOKINGS NOW OPEN

Esoteric Women's Health returns with its next instalment in the ever popular half-day Women in Livingness workshops - this time expanding on the theme of relationships, with the topic of the workshop being **Getting Real in Relationships**.

Are we ready to open up and reveal ourselves in our relationships – to get real and honest? Do we express what we truly feel or do we hold back? And if so, why? Are we afraid of being *truly open and honest, truly intimate?*

Join us for this event where Relationship Counsellors Annette Baker and Gabrielle Caplice share their personal and professional experiences of developing more real, honest and intimate relationships as well as simple, practical examples of how to live this in your life.

Time | 9am-1pm (registration from 8.30am)

Date | Sunday 18 February 2018

Venue | Little Tokyo 2 at The Capital

Level 2, 155 Queen Street Brisbane QLD

(Through and above the Regent Theatre)

(Parking: King George Square \$5, Myer Centre \$10 - subject to availability)

Investment | \$65

Concession | \$50

Bookings now open

[Find out more and book online](#)

Xmas Fare Recipes



Tuscan roasted vegetables

Tuscany is renowned for its roasting houses and this Tuscan recipe is inspired by them. Enjoy a taste of the Mediterranean.

[Click here for the recipe](#)



Beetroot, cranberry and pistachio muffins

These muffins look fantastic and taste delicious too. With the earthiness of the beetroot and the sweet tang of the cranberry they sure are a crowd pleaser. Gluten free, dairy free and refined sugar free, these muffins are simple to make and a treat without the usual consequences!

[Click here for the recipe](#)

For more recipes visit
<http://www.unimedliving.com/recipes>

Personal, Family & Specialised Care

We hope you have enjoyed our newsletter

Please feel free to share!

We look forward to providing you with more great information regarding health and well-being
in our next newsletter

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UniMed Brisbane is a health and wellbeing clinic offering an all-round approach for true vitality, health and wellbeing through an array of modalities offered by practitioners and professionals from many different areas of life supporting people to live their full potential.

www.unimedbrisbane.com



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